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Homemaker News
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THE WORKINGMAN'S FOOD

Good health for the workingman and his family is an important part of any national program for preparedness. Good health rests on a foundation of good nutrition. This in turn depends on well-planned diets, explains _____ (Name), _____ (Institution), _____ (Place).

To help the homemaker plan well-balanced meals, the Federal Bureau of Home Economics has prepared a set of diet plans that are simple and easy to understand. The nutritionists first did a great deal of research. They counted calories, estimated the protein needs, and figured out the requirements for minerals and vitamins. Then they expressed their findings in terms of the weekly need for different kinds of food.

From these diet plans, the homemaker can make out her marketing list and plan her menus accordingly, knowing that the meals will supply the family with all the food values needed for good health.

These diet plans can be adjusted to suit any family, whether there are 10 children or none. They also make special provisions for children of different ages and for persons who are very active.. In addition, the diet plans are varied to suit the amount of money that the family can afford to spend for food. Any family will find these diet plans helpful in getting the best returns for their money in terms of health and nutrition.

These plans have been put together in Farmers' Bulletin No. 1757, Diets to Fit the Family Income. You can get a copy free by writing to the Department of Agriculture in Washington, D. C.